

HERTFORD COUNTY OFFICE OF AGING CALENDAR OF EVENTS

August 2016						
◀ July						September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 Chair Exercises (W) 9-12 Drop in Games all Sites Bingo (M)Bingo (A) Computer Lab 8:30-6:30 (W)Total Body & Cardio 5:30 (W)	2 9:00 Chair Exercises (M)Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W)Total Body & Cardio 5:30 (M)	3 9:00 Chair Exercises (W) Bingo! (A&M) 10:30 Chair Exercises (A) Drop-in Games 9:30-12 Ping-Pong 1-3 (W) Computer Lab 8:30-5 Total Body & Cardio 5:30 (W)	4 9:30 Bingo (A&M) 9:00 Chair Exercises (M) 9:30 Painting (M)10:30 Bingo (W)Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 (W)Total Body & Cardio 5:30(W)	5 9 am Quilting, Computer Classes begin 9-12 pm (W) Senior Breakfast Club Emergency Preparedness Book Reading @ 12:15 Winton	6
7 Senior Saints Day @ First Union Baptist Church	8 9:00 Chair Exercises (W) 9-12 Drop in Games all Sites Bingo (M)Bingo (A) Computer Lab 8:30-6:30 (W)Total Body & Cardio 5:30 (W)	9 9:00 Chair Exercises (M)Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W) Total Body & Cardio 5:30 (M)	10 9:00 Chair Exercises (W) Bingo! (A&M) 10:30 Chair Exercises (A) Drop-in Games 9:30-12 Ping-Pong 1-3 (W) Computer Lab 8:30-5 Total Body & Cardio 5:30 (W)	11 9:30 Bingo (A&M) 9:00 Chair Exercises (M) 9:30 Painting (M)10:30 Bingo (W)Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 (W)Total Body & Cardio 5:30 (M) Advocacy Webinar @2:00	12 9 am Quilting, Intermediate Computer Classes 9-12 pm (W) Bingo! (A&M)10:30 Chair Exercises (A) 1 pm Quilting (W)	13
14	15 9:00 Chair Exercises (W) 9-12 Drop in Games all Sites Bingo (M)Bingo (A) Computer Lab 8:30-6:30 (W)Total Body & Cardio 5:30 (W)	16 9:00 Chair Exercises (M)Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W) Total Body & Cardio 5:30 (M)	17 9:00 Chair Exercises (W) Bingo! (A&M) 10:30 Chair Exercises (A) Drop-in Games 9:30-12 Ping-Pong 1-3 (W) Computer Lab 8:30-5 Total Body & Cardio 5:30 (W)	18 9:30 Bingo (A&M) 9:00 Chair Exercises (M) 9:30 Painting (M)10:30 Bingo (W)Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 (W)Total Body & Cardio 5:30, GRG @5:30	19 9 am Quilting, Intermediate Computer Classes begins 9-12 pm (W) Bingo! (A&M)10:30 Chair Exercises (A) 1 pm Quilting (W)	20
21	22 9:00 Chair Exercises (W) 9-12 Drop in Games all Sites Bingo (M)Bingo (A) Computer Lab 8:30-6:30 (W)Total Body & Cardio 5:30 (W)	23 9:00 Chair Exercises (M)Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W) Total Body & Cardio 5:30 (M)	24 9:00 Chair Exercises (W) Bingo! (A&M) 10:30 Chair Exercises (A) Drop-in Games 9:30-12 Ping-Pong 1-3 (W) Computer Lab 8:30-5 Total Body & Cardio 5:30 (W)	25 9:30 Bingo (A&M) 9:00 Chair Exercises (M) 9:30 Painting (M)10:30 Bingo (W)Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 Total Body & Cardio 5:30 (W)	26 9 am Quilting, Intermediate Computer Classes begins 9-12 pm (W) Bingo! (A&M)10:30 Chair Exercises (A) 1 pm Quilting (W)	27
28	29 9:00 Chair Exercises (W) 9-12 Drop in Games all Sites Bingo (M)Bingo (A) Computer Lab 8:30-6:30 (W)Total Body & Cardio 5:30 (W)	30 9:00 Chair Exercises (M)Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W) Total Body & Cardio 5:30 (M)	31 9:00 Chair Exercises (W) Bingo! (A&M) 10:30 Chair Exercises (A) Drop-in Games 9:30-12 Ping-Pong 1-3 (W) Computer Lab 8:30-5 Total Body & Cardio 5:30 (W)	Notes: Winton Fitness Center Hours: Mon 8:30-7:00, Tues-Thurs 8:30-6:30 Fri 8:30-5:00. Ahoskie and M'boro 9:30-1:00.		